



When I ask for help

- When I ask for help it needs to be done in the right way.
- Here are few things that can help me ask for help correctly:
 - **Ask Nicely:** Say "please" and "thank you" when they help you.
 - **Wait Patiently:** Sometimes adults are busy. If they can't help right away, be patient and wait for them.
 - **Use Words:** Talk to the adult and explain what you need in simple words. Be clear so they understand.
 - **Think first:** While waiting, try to think of what you can do to solve the problem. Use your brain to come up with ideas.
 - **Problem Solve:** Try to solve small problems on your own. It's like being a superhero who can figure things out!
- It's okay to ask for help when I really need it. I can try to remember the good rules for asking for help.

